

Twilight star admits motivation is girls
pg 18



Prom dress trends all about colour
pg 11



Animal health body disputes 'swine' flu tag

VIRUS The flu virus spreading around the world should not be called "swine flu" as it also contains avian and human components and no pig was found ill with the disease so far, the World Animal Health body said yesterday.

A more logical name for it would be "North American influenza," a name based on its geographic origin just like the Spanish influenza, another human flu pandemic with animal origin that killed more than 50 million people in 1918-1919.

"The virus has not been isolated in animals to date. Therefore it is not justified to name this disease swine influenza," the Paris-based organization said in a statement.

Fears of a global flu pandemic are growing around the world after 149 people were killed in Mexico and new infections were found in the United States and Canada and possible cases as far afield as Europe, Israel and New Zealand.

REUTERS

MORE COVERAGE, PGS 3, 4

Entertainment pg 14



Death Row has new life

Comment pg 6

Recessions and churches

Fringe



Feds give funding boost

Ottawa said yesterday it will kick in \$400,000 to help the Edmonton International Fringe Festival bring in more visitors from the United States and Europe. **Story, pg 2**

Calm shattered

A week of violence ends months of peace across Edmonton

VICTORIA HANDYSIDES
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An abnormal span of two murder-free months in Edmonton died last week, giving birth to the most ruthless seven-day stretch in years.

Four people were murdered in the latter part of last week, in what a local crime expert calls a grim reminder to Edmontonians that slayings are the lifeblood of the city's underlying culture of violence.

"Canadians don't respond in the manner of

this extreme violence, and Edmonton is starting to mimic American cities," said Grant MacEwan criminologist Bill Pitt. "There's a resort to violence in this city."

A man's body was found in Hermitage Park around 5:30 Sunday morning.

Police confirmed yesterday that the 20-year-old's death is being treated as a homicide and a 22-year-old man and a 36-year-old man have been charged with first-degree murder, robbery and kidnapping in connection.

Homicide detectives pleaded with the public

last week for tips in cases gone cold, using the lull in recent murders to crack open unsolved files.

"That wishful thinking just vanished," Pitt said.

Staff Sgt. Bill Spinks said that though there are still a few officers working on cold cases, homicide detectives have their hands full.

"It's definitely going to be a bit more of a challenge co-ordinating historical ones and the four recent ones, that's for sure," Sgt. Spinks said.

Arrests have been made in three of last week's four homicides, numbers

that bode well for a police department stretched to the extreme, Pitt said. In the murder of Duane MacArthur, it's believed the gunman took his own life.

Unlike in Vancouver, a city plagued with gang violence, the last cluster of local murders does not appear to be gang- or drug-related.

Pitt blames a recurring rogue mentality and elevated levels of substance abuse and domestic violence for Edmonton's lethal reputation.

Edmonton's murder total rests at 10 for 2009.

Outbreak will come to Alberta, says health official

JEFF CUMMINGS
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PREPARE While no cases of swine flu have been reported in Alberta, the province's medical officer of health believes it's coming to Wild Rose Country.

"It's probably true that we will eventually get a case, I can't tell you when that will occur," said Dr. Andre Corriveau during a press conference yesterday.

Corriveau says emergency rooms, clinics and Alberta's Health Link line have seen an increase in calls and visits from patients who believe they have symptoms or those who are getting information about the illness.

"Nothing is unmanageable at this point ... things are still under control and we have the systems in place to react to cases if they do emerge in Alberta," said Corriveau.

Meanwhile, Edmonton is well prepared to follow the province's lead in dealing with a potential swine flu situation, says an official who handles the city's emergency preparations.

Bob Black, a director with the city's emergency preparedness office, says he has been in close contact with the Alberta Health Services ever since news broke about the virus arriving in Canada over the weekend.

And the city will provide logistical support when requested by AHS, said Black.

"If they expect us to deliver, we'll deliver," said Black.

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Local



Chance to discuss transit

Transit riders and officials will have, for the first time ever, a forum for a two-way dialogue to share ideas about the path of Edmonton Transit. TransitCamp will be held at the Edmonton World Trade Centre (9990 Jasper Ave.) on May 30, from noon to 4:30 p.m. To get involved, contact transitcampedmonton@gmail.com.

Girl's death stuns school

VICTORIA HANDSIDES
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OVERDOSE Cards, flowers and trinkets covered 14-year-old Cassie Williams' locker yesterday morning. By noon, the teen's memorial stretched across four lockers.

Questions from mourning classmates at St. Elizabeth Seton Junior High were not left unanswered, with the arrival of eight grief counsellors who helped students understand the girl's unintentional ecstasy overdose.

The pills Williams and a friend swallowed Friday night were reported to have three times the strength of regular tablets. Williams' friend is expected to make a full recovery.

Cassie's family urges parents to educate their children about drugs
metronews.ca/local

metronews.ca
WHAT'S ONLINE TODAY

Video Swine flu fears lead to increased screening of incoming Mexican workers, and officials urge Canadians to take measures to avoid the virus at
metronews.ca/canada

Cash for Fringe Festival

Ottawa gives \$400,000 to help attract foreign tourists

SunnySide

JEFF CUMMINGS
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Edmonton's successful Fringe Festival is getting a big boost from the federal government and more cash could be on the way for other events in Alberta's capital, including the Rexall Indy, confirmed Edmonton-Leduc MP James Rajotte.

Ottawa will kick in \$400,000 to support the Edmonton International Fringe Festival, which will be used to help organizers bring in more visitors from the United States and Europe, Rajotte announced yesterday during a press conference at the TransAlta Arts Barn.

"This is about the quality of the Fringe Festival itself," said Rajotte. "It's a local, regional, national and international success."

The cash for the Fringe Festival is part of the federal government's two-year plan to spend \$100 million on marquee events that draw a significant number of tourists to Canada — a move to boost tourism across the country as it's gripped by the recession.

Ottawa chooses how much it can give to an event that is applying for the funding based on attendance, said Rajotte.

And that could mean another announcement for the Rexall Indy, which has applied for the federal funding, said Rajotte.



A trapeze artist performs at the TransAlta Arts Barns yesterday morning, prior to a federal announcement of funding for marquee tourism events.

"I think they would certainly have a strong case for it," said Rajotte about the Indy application.

Last year's Indy posted a \$5.3-million loss, a shortfall that was 400 per cent higher than expected by North-

lands, the event's organizer.

Meanwhile, Fringe Festival executive director Julian Mayne said the \$400,000 infusion from Ottawa will help the event target its marketing through TV and print ads internationally.

"We want to get people in here to see the festival and we already have a huge component of international artists," said Mayne.

"We want to get people to stay in hotels and travel in taxis and to fly planes here."

Enbridge backs downtown airport

LETTER Edmonton energy giant Enbridge Inc. is the latest addition to a list of supporters behind keeping Edmonton's downtown airport.

In a letter addressed to city council, the company says the airport is vital for its emergency medical flights, especially since hundreds of its employees work in the physically demanding pipeline industry.

"As one of the closest airports to downtown of any major city in North America, the airport represents a true strategic advantage for Edmonton," reads the letter.

Council is considering turning the airport into a new, residential community that will be equal in size to a small city.

METRO EDMONTON

Deadline looms for passport rule

BORDER As of June 1, all Canadians travelling to the United States will be required to carry a passport or identification approved by the U.S. Department of Homeland Security at border crossings.

Passports, NEXUS cards and FAST cards for commercial importers are the three main acceptable documents.

Passport offices are located at Canada Place at 9700 Jasper Ave.

In-person applications are usually returned within 10 business days.

Mail-in applications will take up to four weeks.

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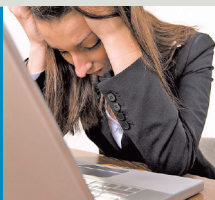
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Child healthy after spending night in a forest

Quebec provincial police said it's a miracle a year-old boy was found in good health after he spent a cold night alone in a forest in the province's Eastern Townships. The child spent about 12 hours in the forest Saturday night wearing just a T-shirt and diaper in rainy, five-degree weather. **CBC NEWS ONLINE**

3

Canada



Job stress linked to depression

Want to reduce your risk of depression? Cut on-the-job stress. During a 10-year period, researchers found that workers who had high-strain jobs but then later perceived their work as less stressful had the same risk of major depression as their peers in low-strain jobs. "These results indicated that interventions targeted to reducing job strain may significantly reduce the risk of depression," Dr. Jian Li Wang, of the University of Calgary, said in a study in the American Journal of Epidemiology. **REUTERS**

Flu treatable: Expert

Microbiologist says early care, anti-viral drugs effective

The disease may be the same but Canadians likely have a more robust immunity to a swine flu outbreak than people in Mexico, where it has killed up to 150.

The ailment appears to be eminently treatable if caught early, which is more likely to happen here with our ready access to care and vigilant public health system, says a top Canadian microbiologist.

Bhagirath Singh, head of infectious disease with the Canadian Institutes of Health Research, said early treatment of the flu with common anti-viral drugs appears to provide an effective antidote.

With public health agencies poised to pounce on and treat any suspected cases, he said, Canadians may not have to worry about it causing widespread mortality here.

While Singh stressed it is too early to know what has



Canadian tourists, about to board a plane home, put on surgical masks as they walk inside Mexico City's international airport Benito Juarez yesterday. Flight crews wore the masks while passengers were given the option to wear them.

caused the mortality difference between Canada and Mexico, he said earlier access to treatment is a likely explanation.

The disease combines

portions of four different influenza strains in ways never seen before, experts say. Nevertheless, it appears to be readily controlled by the two common influenza

drugs, Tamiflu and Relenza, said Dr. Susy Hota, an infection control specialist at Toronto's University Health Network.

TORSTAR NEWS SERVICE

Officials expect swine flu deaths

ILLNESS Canadian officials yesterday predicted some people in Canada would die from a swine flu outbreak that started in Mexico and said they might advise citizens to avoid nonessential travel to Mexico.

Canada has six confirmed cases of swine flu, all of them mild. "Simply because we're seeing mild symptoms so far does not mean we can take this for granted. We will likely see more cases, we will likely see more severe illnesses and we will likely — unfortunately —

see some deaths as well," Canadian chief public health officer David Butler-Jones told a briefing.

"We hope not. But that is a normal part of an influenza outbreak of any type."

In the western province of Saskatchewan, health officials said they were awaiting laboratory results of three possible human cases of swine flu. The trio has shown flu-like symptoms and either been to Mexico in the last 10 days or come in close contact with others who have.

REUTERS

"We will likely — unfortunately — see some deaths."
David Butler-Jones

Canada places no travel ban on Mexican migrant workers

OUTBREAK U.S. and Canadian authorities have imposed no travel restrictions on thousands of temporary Mexican migrant workers in response to the swine flu outbreak, and farmers say they have no immediate concerns about worker shortages.

Governments around the world rushed to reduce the impact of a possible flu pandemic yesterday, as a virus that has killed up to

149 people in Mexico and spread to the United States and Canada also reached Europe.

In Canada, where thousands of Mexicans temporary workers labour in intensive fruit and vegetable farms, authorities said no restrictions were currently imposed on travel, although temporary workers were being screened carefully before departure from Mexico. **REUTERS**

'No memory' of Airbus memo: Aide

INQUIRY A former aide to Brian Mulroney says he has "no memory" of a memo written to Karlheinz Schreiber confirming that Airbus planes had been delivered to Air Canada.

Fred Doucet, who was a chief of staff to the former prime minister, was testifying yesterday at a public inquiry that is probing business dealings between Mulroney and Schreiber.

TORSTAR NEWS SERVICE

Obama aide touted as next envoy

AMBASSADOR He was once described as having a mix of "entrepreneurial know-how and evangelistic zeal," and a preference for black T-shirts and four-day-old beards over suits and ties.

Meet David Jacobson, a senior fundraiser for Barack Obama who is poised to become the next United States ambassador to Canada.

This "smart, talented" Chicago lawyer would be an "inspired choice," Washington sources say.

Reached at the White House yesterday, Jacobson, 57, politely declined to talk about the speculation he would soon be coming to Ottawa to represent the United States.

"If and when the president makes a decision, you guys will find out," said Jacobson, who is helping Obama staff the new administration.

As deputy finance chair of Obama's campaign, helping to deliver millions of dollars

in donations, Jacobson likely had his pick of political postings.

The fact that he chose Canada speaks well of this country's status with the new administration, said Maryscott Greenwood, executive director of the Canadian-American Business Council in Washington.

"I think he would make a great choice. I think it's actually an inspired pick on Obama's part," she said.

TORSTAR NEWS SERVICE

News in brief

OIL Petrobank Energy and Resources Ltd. said yesterday it is selling part of its stake in Petromineral Ltd. for \$101 million. It said the proceeds would bolster its finance flexi-

bility by cutting bank debt, which could lead to additional drilling this year on the Bakken light oil play in southeastern Saskatchewan. **REUTERS**

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World



Breastfeeding helps mothers

Breast is best, not only for the infant but also for the mother. New research shows that extended breastfeeding may lower the mother's risk of high blood pressure, diabetes, high cholesterol and cardiovascular disease after menopause. The finding, which is reported in the journal *Obstetrics and Gynecology*, is based on a study of 140,000 mothers who breast-fed their infants. REUTERS

Flu pandemic status nears

DISEASE The new virus that has killed up to 149 people in Mexico prompted the World Health Organization to move closer yesterday to declaring it the first flu pandemic in 40 years as more people were infected in the U.S. and Europe.

The WHO raised its pandemic-alert level for the swine flu virus to Phase 4, indicating a significantly higher risk of a global outbreak of a serious disease.

The last such outbreak, a "Hong Kong" flu pandemic in 1968, killed about one million people.

Although the new flu strain has so far killed peo-

ple only in Mexico, there were more than 40 confirmed cases in the U.S., including 20 at a New York City school.

In Mexico City, fearful Christians paraded a centuries-old statue of Jesus, believed to protect against disease, through the streets for the first time in more than a century.

A man who returned to Spain from a trip to Mexico last week was found to have the virus.

Texas health authorities confirmed a third case, and California said it now had 11 confirmed cases.

REUTERS



A health worker stands ready to ask passengers to remove any headgear before temperature screenings at the International Airport in Hong Kong yesterday.

Thieves in surgical masks hold up Mexico City store

THEFT Three armed thieves wore the blue surgical masks now ubiquitous in flu-hit Mexico City to hide their faces as they robbed watches from a department store, Mexican media said yesterday.

Employees at a branch of the Sanborns department

store said the thieves slipped through the shop on Sunday, blending into a sea of masked shoppers.

One of the robbers threatened store assistants with a gun while another helped himself to watches from the jewelry department. REUTERS

News in brief

AFGHANISTAN President Hamid Karzai said yesterday the Justice Ministry was amending a controversial law that contains harsh provisions for Shiite women that critics have called a step back

towards Taliban-era controls. Karzai said the law would be changed to bring it in line with the constitution, which guarantees equal rights for women, and international treaties.

INFORMATION FEATURE

Peer pressure can lead to gangs



Once in a gang, kids can feel trapped, often afraid to seek help for fear of reprisal, says Kids Help Phone counsellor Maria Montanaro.

GANGS Gangs threaten to claim the lives and futures of kids but there is hope — and real help — found in reaching out.

After being seduced by the prospects of power and money into joining a gang, many kids quickly realize the dangers are far more real and benefits far less glamorous than they initially imagined.

Once the fantasy of gang life wears off and harsh reality sets in, kids looking for a way out can

feel trapped, hopeless and scared.

"There are real dangers and real risks when you're in a gang," said Maria Montanaro, a counsellor at Kids Help Phone. Montanaro, 50, has counselled kids at Kids Help Phone for 10 years and spent 15 years before that working as a youth protection worker.

Montanaro says kids get pulled into gangs for many different reasons, often hoping for a sense of

Contact

• Kids Help Phone can be reached at 1-800-668-6868.

belonging and acceptance, to feel protected, or because of peer pressure from friends or even family members who are already in gangs. Once there, many kids realize that gang life is scary and dangerous, and a large number of gang-related calls Kids Help Phone gets

are from kids who have gotten into gangs and want to find a way out.

"Often they're not finding the acceptance they were looking for, or they might have seen something happen they don't agree with. Often they're telling us, 'This is not what I wanted to get into,'" Montanaro said.

Once inside a gang, kids

can feel trapped and vulnerable and be afraid to seek help for fear of reprisals from the gang, and the more entrenched in a gang a kid is, the stronger those feelings of helplessness can get.

"Kids don't always have the life skills or the coping mechanisms to know what to do — for

kids who are involved in hardcore gangs, it can be very difficult to make that call," Montanaro said.

No matter how bad things can seem for kids stuck in a gang, there is a lot of help out there, and the first step can be making a call to Kids Help Phone, where conversations are completely anonymous and counsellors never pressure kids to take steps they don't feel comfortable taking.

"There are no strings attached. We don't track down phone numbers and we don't ask who you are.

We work with kids to let them come up with their own conclusions," Montanaro said.

The most important step, Montanaro says, is to realize that gang life doesn't have to be a prison, and if something doesn't

feel right, you need to seek help.

"If you feel like this is not OK, listen to that gut feeling."



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A Liberal romantic in our midst

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Michael Ignatieff's new book serves a stabbingly clear purpose. When you've been out of the country so long that you're accused of being a stranger in your own land, how about titling

your book, True Patriot Love, as a shin-kicking riposte?

The little volume, published by the Penguin Group, has a big first print run of 22,000. There's a lot riding on it. Not only does the Liberal leader want to dispel any suggestion of unfamiliarity with the country, he is seeking to present himself as a nation builder — someone who will move beyond functional, retail politics to something more inspiring.

Without supplying the necessary details, he talks of building new east-west

links, energy corridors, power grids, European-styled high-speed railways. Canada, he says, has to let its imagination blossom.

Coming from famous lineage on both sides of his family, which he has often written about, Ignatieff has a romanticized view of his own life. What is apparent in True Patriot Love is that he is now seeking to extend that romanticism to his country.

A romantic in our midst? Maybe it's time. Visionary, patriot talk has been absent from the Canadian vocabulary for two decades.

Big-project leaders haven't been around since Brian Mulroney and Pierre Trudeau. Jean Chretien drove a Chevy, so to speak, Stephen Harper a Camaro. Mounting his white steed, Count Ignatieff says we're not quite that boring.

Lamenting our preoccupation with the United States, he writes that "we are such captives of these worn-out clichés of dependency that we fail to grasp our newfound strength." He speaks somewhat derisively of "the logic of money." It is what has characterized our south-

ward pull, mitigating against the nurturing of our east-west ties.

Given his expatriate background, politics requires that Ignatieff play the patriot card. But there is much to suggest that he truly believes in big-dream leadership. So much of his writing over the last three decades has been about ties that bind people. In True Patriot Love it's like he is seeking to feel Canada. Sensitivity is the hallmark of his prose style, which is sometimes evocative, sometimes overbearing. But what is clear is

that he has, in fact, done a lot of thinking about this country.

Critics are already lampooning his mega-project talk as economically unrealistic. Michael the Romantic's response is that economics can't be the sole arbiter. What, he asks, would great leaders like Macdonald or Laurier tell us? They would say "the country wouldn't exist at all if the logic of money had determined our destiny."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

The recession and challenges of churches



Ed Cowan

Reports are telling us that during this terrible recession many who have lost their jobs, their homes, their retirement savings, and even their families, are turning to their churches for faith, hope and, in some cases, charity, the three great virtues called for in the New Testament.

Faith, they continue to get plenty of, and, in some cases, some charity. But it is in

the area of providing hope that they have proved to be "hopelessly" inept, incompetent, inexperienced and, for all intents, mostly useless. For the first time in many decades, our churches have failed miserably when we have needed them most. Maybe it's because the current generation of church leaders have no idea of how to communicate the conviction of hope.

U.S. President Barack Obama knew. His Hope T-shirts and stickers sold and continue to be sold in the hundreds of thousands.

Anne Frank knew. In her

legendary book, The Diary Of A Young Girl, she proclaimed, "Where there's hope there's life. It fills us with fresh courage and makes us strong."

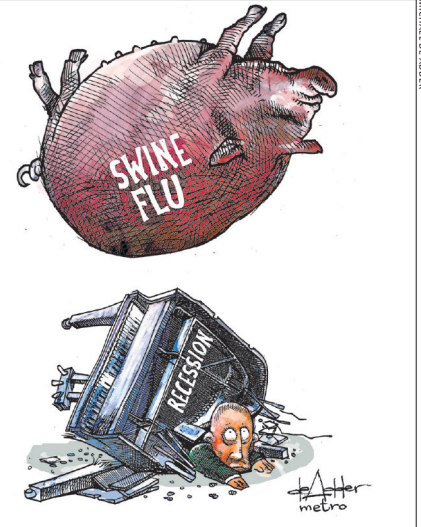
The unfortunate inaction by churches everywhere reminds me of two 1970s moments. One was when Richard Adams introduced in his first novel, Watership Down, the now recognized word, "tharn," meaning, frozen or stupefied in terror, caught in the headlights of an oncoming disaster.

The second was when, in more than 350 newspapers with circulation of more

than 10 million readers, L'il Abner cartoonist Al Capp developed the hapless character Joe Btfsplc, the world's most loving friend and the worst jinx, who always travelled with a dark cloud hanging over his head, perpetually symbolizing his and society's bad luck.

Unfortunately, this seems to be where churches are on fully understanding the message of hope, the need for hope, and the opportunity presented by hope.

Ed Cowan is a media and communications consultant.



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Mobile web usage rose 19.3% in March: Opera

Global mobile data traffic rose 19.3 per cent in March, the fastest pace in 10 months, but in many countries the traffic is coming from old cellphones, says Internet browser firm Opera. **REUTERS** **7**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can women help fix the economy?

Research touts gender balance in management

It's difficult to answer if the world economy would be as bad as it is now if more women had been in charge. The economic crisis, though, could put a spotlight on what women offer as leaders who could help repair the damage.

Research from the London Business School supports the fact that an equal male-female split in a management team is best for promoting innovation in teams, said Elisabeth Kelan, who helped set up the Centre for Women in Business at the school.

Women executives say having to handle a family as well as a career gives them skills which can be useful in management.

"Would greater gender balance ... have produced a different outcome? Probably."

Prof. Alice Eagly, Northwestern University

Goal-driven (mostly male) management teams in the financial services industry have been blamed for a culture of excessive risk-taking that has crippled the global banking system.

"Would greater gender balance in decision-making have produced a differ-

ent outcome? Probably," said Alice Eagly, professor and chair of psychology at Northwestern University. "Psychological research suggests that women are somewhat less willing than men to take risks."

Men's leadership style is known as "transactional," which is basically carrot and stick. This approach is deemed ill-suited to cutting-edge companies, where management structures are flatter and less hierarchical.

Women's management style is characterized as more relationship-based that aims to encourage and empower. Putting the two together provides a more balanced mix. **REUTERS**

Toronto **Airport set to expand**



Twelve-year-old Kaiyash (last name withheld) holds a sign as he protests the planned expansion of the Toronto City Centre Airport in Toronto yesterday. Porter Airlines said yesterday it will invest more than \$45 million in a new passenger terminal at the airport as the closely held carrier looks to win a larger share of the Canadian market.

Business in brief

MINING Indian mining group Vedanta Resources Plc said yesterday it had bought a 9.5 per cent stake in Canada's HudBay Minerals Inc. but gave no reason for the move. Vedanta has been aggressively expanding outside its home base in India.

FLU The threat of a pandemic triggered by the new swine flu strain will provide a windfall for some makers of drugs and vaccines such as Switzerland's Roche Holding AG and Britain's GlaxoSmithKline Plc. **REUTERS**

GM to slash more jobs, drop Pontiac

AUTO General Motors Corp. laid out plans yesterday to drastically reduce its footprint in Canada and said it expects to soon have access to short-term Canadian bridge loans of up to \$3 billion.

GM said it expects to reduce its hourly Canadian workforce to 4,400 by 2014 from 10,300 in 2008, mostly through previously announced plant closures, as part of its plan to return to viability.

GM also said that it would be forced to file for bankruptcy protection if it failed to cut \$27 billion US in bond debt by about 90 per cent and if other changes it has announced were to falter.

Those changes, mostly in the United States, included closing plants, slashing jobs and dropping the Pontiac brand.

The company has until May 30 to gain concessions from all its stakeholders and put together a viability plan the U.S. and Canadian governments find acceptable to qualify for long-term government aid. **REUTERS**

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Getting back to basics

SmartCookies



South of the border, our neighbours have dedicated an entire month to the importance of establishing and maintaining healthy financial habits by proclaiming April Financial Awareness Month. We thought we'd help spread the word by sharing some of our suggestions of how you can get more familiar with your finances.

Know Your Numbers

The first thing you need to do when you decide it's time to get your financial house in order is to learn about its foundation.

To do this, you will need to know your numbers. You'll need to know what's

coming in each month and what's going out each month (non-fixed expenses).

We encourage you to sit down, pull out your statements, and add your numbers up. When we first did this exercise, we were shocked at how much we were spending on non-essential items and we are willing to bet that you will be too. For an easy to use template to track your spending, visit smartcookies.com.

Organize Your Debt and Build Up a Safety Net

Next, make a list of your debts owing, ranking from highest to lowest interest rate. Develop a plan on how to pay that money back, starting from the top of the list. For some of us, this meant taking on part-time jobs and contract work, or cutting out non-essentials from our spending plan, and for others it meant using the equity in our home.

Once you are debt-free,



Sit down, pull out your statements, and add your numbers up.

build yourself a cushion of at least four to six months salary. And make sure you are investing your money in a tax-free savings account. You work hard for your money; make sure it is working for you.

Fix Your Fico

FICO scores, the credit scores most lenders use to determine your credit risk, range from 300 to 900. The higher your FICO score, the lower risk you are considered to be to a creditor — and the less interest you'll pay.

Most importantly, you should review your credit report and know your credit score. Requesting a copy of your credit report for personal use does not

affect your credit score. To order a copy of your credit score, visit transunion.ca or equifax.ca.

To keep your score high you should be making monthly payments on time, aim to have long-term credit in your name and keep your total balance owed to 35 per cent or less of your total credit available.

For more money saving tips, pick up a copy of our book Smart Cookies Guide to Making More Dough on sale in bookstores everywhere. Email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.



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Thomas, Mason highlight Vezina nominees

Tim Thomas of the Boston Bruins, Niklas Backstrom of the Minnesota Wild and rookie Steve Mason of the Columbus Blue Jackets are the finalists for the Vezina Trophy as the NHL's top goaltender, the league announced yesterday. **METRO NEWS SERVICES**

Sports



NASCAR says fans are safe

Despite injuries to fans from flying debris, NASCAR is satisfied with its safety standards, saying the fence at Talladega Superspeedway did what it was supposed to do and keep Carl Edwards' car, left, out of the grandstands. In a spectacular last-lap accident Sunday, Edwards' car sailed upside-down into the fence. One fan remained in hospital with a broken jaw yesterday.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

NHL Flames extinguished



Chicago Blackhawks Aaron Johnson and the Calgary Flames' Eric Nystrom chase a loose puck last night. Chicago won, 4-1, to take the series and eliminate Calgary from the playoffs.

For a complete recap of Game 6 of the Sharks/Ducks series, visit metronews.ca/sports



Edmontonian, Golden Bear win top honours

University of Alberta Golden Bears volleyball player Joel Schmuland, along with University of British Columbia swimmer Annamay Pierse, an Edmonton native, were named the 2008-09 CIS male and female athletes of the year and the 17th annual BLG Award winners last night in Toronto.

Pierse captured back-to-back CIS female-swimmer-of-the-year awards and led the Thunderbird women to team gold in 2007-08 and silver in 2008-09. A 2008 Olympian, Pierse reached two finals at the Beijing Games.

Schmuland became the first recipient of the Doug



Annamay Pierse and Joel Schmuland after receiving their awards in Toronto last night.

Mitchell Award, named in honour of the BLG Awards founder, and is only the second winner from Alberta after fellow volleyball player Jenny Cartmell, who received the distinction in 2000. In his fifth and final

year of CIS eligibility, the Calgary native was the most dominant player on an unstoppable U of A team that kept a 23-0 record and won 69 of 75 sets in the regular campaign and the post-season. **METRO NEWS SERVICES**

Brashear must sit for six games

NHL The NHL has suspended Washington Capitals forward Donald Brashear



six games for two separate incidents in Game 6 of Sunday's Eastern Conference quarter-final with the Rangers. The Caps' enforcer was suspended five games for his hit on the Rangers' Blair Betts midway through the first period. Brashear caught Betts with a shoulder to the chin. Brashear was also hit with a one-game ban for making contact with Colton Orr during pre-game warmups.

METRO NEWS SERVICES

Another CIS standout headed to NFL

PERRY LEFKO
for Metro Canada



Running back Jamall Lee is about to fulfill a dream by becoming a professional football player, following in the footsteps of his father, Orville, more than 20 years ago.

But whereas his father commenced his career with the CFL's Ottawa Rough Riders in 1988, Jamall will start his journey in the NFL, specifically with the Carolina Panthers.

Following the conclusion of the NFL Draft Sunday, the Panthers signed the 22-year-old B.C. native as a free agent. Lee played four years with Bishop's University in Quebec, amassing more

than 4,200 rushing yards and impressing people with his speed and size.

Lee had some discussions with the Panthers in the weeks leading up to the draft, leading him to believe they would select him as a free agent.

"There was a lot of interest and if it was going to be only one team it was going to be that team, but it was still amazing to hear it," he told Metro News.

"It felt great to get the phone call. This is one of the big goals, but there's many more," he added.

"You've still got to make the squad, you've got to stay healthy, you've got to make the team and work your way up. When I get down there, I've got to give

them a reason for me to stay." He leaves Thursday for the Panthers' mini-camp.

"I'd be lying if I said I wasn't nervous or anything like that, but I have a lot of people around me and people who have been through the experience, whether the NFL or the CFL, and they've all been passing their knowledge on to me, so I feel I'm prepared that way."

Lee is eligible for the CFL

Jamall Lee is the son of former CFL star Orville Lee.



Draft, which takes place this Saturday. His father was selected first overall in his draft year and was named the CFL's rookie of the year and runner-up as Outstanding Canadian.

"I'd like to know what's happening in the CFL Draft because it's really still a big deal for me, but other than that I'll try to keep my mind on the task at hand," he said.

It is expected Jamall will be selected in the first round, possibly by B.C., which has picks four through six and can afford to wait on Lee if he sticks in Carolina.

Esks sign Boise State cover boy

CFL The Eskimos have signed free agent quarterback Jared Zabransky, the player who appeared on the cover of EA Sports' NCAA Football 08 video game. Zabransky, who once backed up Winnipeg Blue Bombers QB Ryan Dinwiddie at Boise State, guided the Broncos to 12-0 record in his senior year and capped off his college career by leading BSU past Oklahoma 43-42 in overtime at the 2007 Fiesta Bowl, one of the most memorable college football games ever played. He left Boise State with 612 completions in 983 attempts for 8,256 yards and 58 touchdowns in 48 games (39 starts).

METRO NEWS SERVICES



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Play ball **Mayor tries new threads**

Edmonton Mayor Stephen Mandel tests out the new Edmonton Capitals jersey at Telus Field yesterday.

BEN LAMPHREY/METRO EDMONTON

Nuggets administer historic beating

NBA
2009 Playoffs

The crowd at New Orleans Arena saw NBA playoff history last night, as their Hornets were annihilated by the Nuggets 121-63 in Game 4 of their Western Conference quarter-final series.

The 58-point differential tied the largest mar-

gin of defeat in league playoff history.

The Nuggets now hold a commanding 3-1 lead in the series and have a chance to seal things at home tomorrow.

Hawks 81 Heat 71

Zaza Pachulia led a powerful charge with 12 points and 18 rebounds, and the Atlanta Hawks won their first road play-



Mario Chalmers steals the ball from Atlanta's Mike Bibby.

off game since 1997 last night, beating Miami 81-

71 to even their Eastern Conference quarter-final series after four games.

Mike Bibby scored 15 and Joe Johnson tallied 14 points for the Hawks.

It was their first away victory in the playoffs since May 8, 1997, when they beat Michael Jordan and the Chicago Bulls in Game 2 of the Eastern Conference semifinals.

Atlanta lost the previous two games of the series by a combined 44 points, but never trailed yesterday, even though the Hawks nearly let a 21-point lead get away in the first half.

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For a full recap of Game 5 of the Jazz/Lakers series, visit metronews.ca



Sports in brief

PEOPLE Former NBA star Jayson Williams was zapped with a stun gun by police in his New York hotel early yesterday after the reportedly suicidal athlete resisted attempts by officers to take him to hospital. Police said the six-foot-10, 325-pound Williams appeared drunk and agitated. Officers with the Emergency Services Unit, an elite team trained to deal with emotionally disturbed people, responded and stunned Williams with a Taser after he resisted attempts to be hospitalized.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Chicago 4 Calgary 1
San Jose at Anaheim

TONIGHT'S GAMES

N.Y. Rangers at Washington, Game 7
Carolina at New Jersey, Game 7

NBA

YESTERDAY'S RESULTS

Atlanta 81 Miami 71
Denver 121 New Orleans 63
Utah at L.A. Lakers

MLB

AL MONDAY RESULTS

Boston 3 Cleveland 1
Detroit 4 N.Y. Yankees 2
Texas 6 Baltimore 4
Kansas City 7 Toronto 1
Tampa Bay 7 Minnesota 1
Seattle at Chicago PPD

NL MONDAY RESULTS

Houston 4 Cincinnati 1
N.Y. Mets 7 Florida 1
St. Louis 3 Atlanta 2
Milwaukee 10 Pittsburgh 5
Philadelphia 13 Washington 11
San Diego at Colorado
Chicago Cubs at Arizona
L.A. Dodgers at San Francisco

keep it simple

When in doubt, go for simpler style choices. Remember, you're going to be adding shoes, hair, jewelry and makeup to the overall look, and when everything comes together, you want to be the focus of attention — not some single item that overpowers you. **METRO NEWS SERVICES**

Class of 2009

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Focus on colour

Grads giving jewel-toned prom dresses high marks

SHELLEY WILLIAMSON
for Metro Edmonton

When it comes to prom, colours are the new black.

A perfect fit for most events, the "little black dress" has fallen from favour this year, with jewel tones from blues to purples making the grade with Calgary and Edmonton grads.

"Sapphire and turquoise have been extremely popular for prom dresses this year," said Carol Grunerud, store manager at Bellissima in Southcentre Mall.

"We haven't had many asking for black at all," said Morna Robbins of Edmonton's Wedding World.



Taking their cues from celebrities on the red carpet, like singers Estelle, left, and Katy Perry, this year's prom dresses are shorter.



Blue is a hot colour for prom dresses this year.

"And the trend is more of the pouffy styles and long dress lengths."

Recession aside, Robbins has seen girls pay out of pocket for the "right" dress if parents won't foot the \$500-\$600 tab.

For some prom shoppers, nothing short of a Cinderella-inspired gown will do, but the trend has been to take hemlines up a notch.

"Shorter lengths are definitely dominating for prom," said Genny Iannucci, public relations manager for Laura Canada.

She credits both celebrities hitting red carpets in higher hems and practicality. "I'm not sure if the girls care, but the dresses are something they can wear again," said Iannucci, citing prom dress price tags of \$99 to \$340 for Laura, Laura Plus and Laura Petites.

"This year, more than ever in the past 10 years,

we are seeing the shorter cocktail dress; it's just a look of simple tasteful elegance," said Grunerud.

Purple is this year's hot hue, followed by coral, blues and pinks, while organza, jersey, crinkle taffeta, charmeuse and stretch satin are topping femme fabrics for prom, said Iannucci.

And detail is prevailing, from ruching, rosettes and belts to tiers or cascades of ruffles adding flair sure to make a girl stand out in photos and on the dance floor.

No one wants to see double at the dance, so it's perhaps no surprise Facebook groups have surfaced for calling prom dress dibs. Students from a few schools have populated the sites with photos, details and comments like "don't buy this dress please, it's mine" in an effort to curb potentially embarrassing prom run-ins.

But it's not just the gals who care about looking their best. "We started to see guys coming in January," said Harmony Jackson of Derks Menswear, a formal wear retailer and that rents tuxedos in Calgary and Edmonton.

From pinstripes to black-on-black, it's tuxes over suits, with two-button jackets the grads' preference, said Jackson. "We do get the odd request for the blue tuxedo, which we don't carry, and some want white, which we do."

Matching is on trend, with many grad guys co-ordinating their tie (regular, not bow) and vest with their date's gown. "We are seeing a lot of guys willing to wear pinks and purples," said Jackson, adding she sees a few every year top it off with a hat.

On their feet, guys are shedding sneakers for patent leather shoes. "They are going all out this year," said Jackson. "Guys are spending a lot more time deciding, really wanting to make sure it's perfect."



Blue organza dress with large rosette, \$139.99 at Laura Canada.

PHOTO COURTESY OF LAURA CANADA



Purple — as seen on Miley Cyrus, left, and Jessica Biel, above — is a hot hue this year.

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When shopping for your prom dress, focus on the fit. Make sure you can sit, stand, walk and dance comfortably. Use a three-way mirror to check out every angle, and bring shoes with the heel height you plan to wear that night. **METRO NEWS SERVICES**

Shopping tip

Class of 2009

Planners can help with after-party

CANDICE WARD
for Metro Edmonton



You've got the dress and you've got the shoes, but you have no idea what you are going to do after prom is said and done.

More important than what you wear to prom is what you do afterwards.

Since schools cannot be involved in the planning of any of the festivities, hire a professional.

"Give someone else the stress and responsibility so you can enjoy the party," says Chris Wold, owner and special events co-ordinator for Northern Light Events.

Party planners have been planning dry grads for years and know all the ins and outs of what makes a safe and fun party.

"We have the resources and we have the time," says Wold.

It may cost a little extra to hire a professional, but you will end up with a lot more than a few coloured



It's easy for grads to let loose and have fun after prom with the help of party planners.

streamers and some scattered balloons.

Companies like Northern Light Events may actually save you money on your event by passing along some of their discounted rates on essentials such as venues, DJs and rental equipment.

After grad is supposed to be a stress-free celebration,

so let someone else come up with the back-up plans.

"It is going to go off without a hitch," says Wold.

If the outdoors is more your style, camping has always been a popular option.

Or you can take the party to the next level: Why should it only last one

night when you can make it last the weekend?

Add a little adventure to your weekend as well by planning a whitewater rafting trip, as many rafting companies offer group rates.

"I don't think anyone who has done the whitewater rafting has come back and said they were

bored," says Dianne Scott, assistant manager of Maligne Tours out of Jasper.

Along with coming up with ideas for parties, transportation is also always an issue.

Why be cramped into a limo with 12 of your closest friends, while risking wrinkling your freshly pressed suit or dress, when you and up to 40 people can dance your way to the party in a spacious bus complete with dance floor and pole.

Go the Oil City Pub Crawls route and get the party started before you even hit the venue.

It is cheaper than hiring a limo and it definitely beats getting a ride from your mom.

Take it easy this grad season, be responsible and have fun.

You will want to remember your prom night forever, and you do not want to be the one remembered at your 10-year reunion for being the first one who passed out.

Safe ride

If high school movies have taught us anything, something usually goes wrong at prom, therefore a quick escape is needed. Short of hiring a getaway car, it never hurts to plan a safe ride home in advance.

Here are some options out there to ensure everyone makes it home alive:

- **Hire a vehicle.** Whether it's a limo, bus or other mode of transportation, it may cost a little extra, but you will arrive at your destinations worry-free.

- **Make arrangements with a parent or sibling.** No matter what time of the night, they will come pick you up, no questions asked.

- **Designate a driver.** Make sure it is someone you trust will not drink.

- **Keep your phone on you.** This is great if your first option falls through.

- **Always have emergency cab fare on your person.**

Also, make sure your friends have planned a safe ride before all fun begins.

— CANDICE WARD

/FOR METRO EDMONTON

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Hair, makeup important too

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for Metro Edmonton



Prom season is an exciting time of year in Alberta.

Not only does it introduce a new flock of grads, but it's usually a time of excitement, and even a little stress.

Getting dolled up for a night that will be documented through pictures and videos for many to see for years to come is a bit nerve-racking, and the stakes are high for girls to find the perfect dress for the evening.

This year, clothing styles from nearly every decade have influence over fashion. Whether it's a 1920s-inspired flapper dress, full of shimmer and sass, a classic and romantic 1930s old-Hollywood style dress, or a metallic strapless 1980s-inspired number with a short hemline and lots of pouf, grads have many options that veer away from the classic ballroom gown styles.

This year, with the recession and all, a great trend to follow is looking great at affordable prices. Instead of buying an expensive dress, shoes and accessories, grads might want to opt for an affordable ensemble, but splurge a bit on one of the components — such as



Loose curls are a popular look.

great accessories, or a beautiful dress.

Hair trends

Hair is all about personal taste and will depend on the dress that is chosen. If going for a decade-inspired dress, try to pair it with hair that matches that era. Although it might be best to avoid '80s hairstyles, as they are best left in the past.

It's also a good idea to look to the red carpets for inspiration. This year sees a lot of loose curls and messy but chic updos. A sleek side-parted updo is a sophisticated way to display a rocking makeup job and a killer dress.

However, if grads are doing their own hair, they might want to opt for what is simplest and practice it a few times before the big day. Gentle curls or wearing hair half up is some-

times easier to accomplish on one's own. Getting a friend that is good at doing hair to help you out is another recession-friendly grad option. If hair is not your strongpoint, bite the bullet and visit a stylist.

Makeup trends

When it comes to makeup, follow the "less is more" adage. Grad is the perfect opportunity to play up your best features and be a little bit more daring than you would in day-to-day life, but keep the look simple and classy.

This spring is all about fresh and minimalist makeup. Use sheer products for a dewier look, and play with spring purples, blues and greens in your eye makeup with a glossy neutral lip. If you are wearing a neutral-coloured dress and look good in red lipstick, try a nearly bare eye and a bold red pout.

If you need professional tips on which colour combinations to use, or application techniques, visit your local MAC, Shoppers Drug Mart or Sephora store and book a free makeup session with their specialists. One tip to keep in mind is if you're going for the bold eye look, keep lips a neutral colour, and if you want to rock red or bright pink lips, go easy on your eye makeup.

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Assess spa cleanliness

Ask about credentials, procedures, advise experts

JENNIFER YANG
for Metro Canada

Sometimes when life gets too frenzied, we need to stop, breathe and duck into the nearest spa. It's the perfect refuge — after all, where else can we go to cure both our spirits and our cuticles?

But with all that steaming and soaking, spas are also the perfect refuge for germs. Just ask Paula Abdul, who made headlines in 2004 when a dirty manicure gave her a nasty bacterial infection.

But short of smuggling in Petri dishes under our terrycloth robes, how certain can we really be when it comes to spa cleanliness? In Canada, which has an estimated 3,000 spas, not even the rules are clear; mandatory spa standards have yet to be established and the industry still lacks a national regulatory body.

"As the industry's grown in leaps and bounds, we haven't really researched and paid attention to any level of standards," says Dr. Wendy Smeltzer, owner of Calgary's Santé Spa. "It's very difficult for the public right now to go in and know if they're getting an appropriate level of cleanliness and service."

There are reputable spa associations, however, and Smeltzer is a founding member of Leading Spas of Canada, a nation-wide organization of about 175 members. Having developed its own cleanliness and hygiene standards, the association is now creating a quality assurance program that will ensure spas get periodically inspected.

But for today's nervous spa-goer, Smeltzer has one tip for relaxing those worries: ask questions, lots of them. And start from the minute you walk in the door.

"Are they knowledgeable about procedures? Do they give guidance on appropriate etiquette? Did they ask you to fill out a health form?" Smeltzer asks. "Those are keys right there."

For Wanda Love, Leading Spas of Canada CEO,



STOCK PHOTO

"Just watch for little things ... Do you see spa members washing their hands prior to the treatment?"

Wanda Love, Leading Spas of Canada CEO

treatment? If you're walking barefoot, are they providing you with slippers? If you're getting waxing, are they double dipping their applicator? That's not something you want to see."

And for spa expert Anne Dimon, editor of traveltowellness.com, sometimes the best proof comes on paper. Don't be embarrassed to ask for your spa practitioner's credentials, she says.

"When taking your car to get fixed you need to ask the kind of experience the mechanic has," Dimon says. "Why wouldn't you do that when someone's working on your body?"

The spa industry still lacks a regulatory standards body, which is why it is important for spa-goers to ask questions about procedures. For instance, find out your spa practitioner's credentials.

the devil can be in the details. If dust bunnies are collecting or towels piling up, then perhaps corners are being cut elsewhere

as well.

"Just watch for little things," Love advises. "Do you see spa members washing their hands prior to the

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Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Tech support

Hilary Duff has to be supervised when using the Internet. The actress struggles with technology and asks her boyfriend, Ottawa Senator Mike Comrie, to help when surfing the web. FEMALEFIRST.CO.UK



Death Row's new life

Canadian company takes over groundbreaking rap label

JASON RICHARDS
for Metro Canada



No one was more surprised than Lara Lavi when her fledgling label, WIDEawake, beat out the considerably more major Warner Music Group at the bankruptcy auction for Death Row Records in January.

"I honestly wonder what happened there," Lavi says. "We thought they were going to aggressively outbid us. Maybe they thought the sky was the limit for us."

After spending \$18 million, WIDEawake now has the gangsta rap-pioneering label's whole catalogue (including classic and unreleased material by Tupac Shakur, Dr. Dre and Snoop Dogg) at its disposal, and the limit really is the sky. If they wanted, they could li-

cence those records ad nauseam to anyone and everyone. Thankfully, the new label has no intention of lowering that music's integrity.

"It's not going to be a case of us saying let's make a Barry Manilow-Tupac remix album," assures WIDEawake's vice president John Payne, who was a studio engineer during Death Row's early days. "Or a Fergie-Tupac record," Lavi adds.

Which is a relief for the late rapper's fans, who had to witness Tupac's legacy watered down by a stream of poor posthumous releases slapped together in the years following his death.

But even if Lavi and Payne changed their tune and decided to bless Fergie with a Tupac ghost vocal, they'd be met with a share of resistance. Ever since

"The catalogue is far more vast than anyone had realized."

John Payne

the Death Row purchase, WIDEawake's staff has been inundated with messages from people who care deeply about the catalogue's fate.

"Everybody has been telling us what and what not to do, kindly, and sometimes forcefully," says Payne.

And while WIDEawake promises to move forward respectfully, down to seeking feedback from every artist concerned, obviously there's tremendous market potential for all the material they now own.

In addition to a storage room in Los Angeles that Lavi compares entering to "walking into the end of the Raiders Of The Lost Ark," Death Row boasts a seemingly infinite supply

of video footage and roughly 4,000 more songs discovered in Michigan.

"The catalogue is far more vast than anyone had realized," says Payne. "There's R&B. There's gospel. There's things that people wouldn't assume when they think 'Death Row.' So there's gonna be a lot more surprises, some very very good surprises."

Naturally, WIDEawake intends to harness the internet's power to deliver said surprises. Expect an online portal, which will feature a Death Row TV channel to feature artists and exclusive tracks, as well as message boards for interaction among the label's community of fans.

And it is ultimately all about community for Lavi and Payne, in terms of the stable of artists Death Row had developed over the years as well as potential newcomers to the label.



Toronto-based WIDEawake acquired rap label Death Row Records in January. The company now controls a catalogue that includes material by Tupac Shakur, Snoop Dogg, above, and others.

WIDEawake sees the future of Death Row as an opportunity to get past the negativity of gangsta rap turf wars that had over-

shadowed the label's original goal — making good music. Says Payne, "We just want to get back to the original intent."

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Undead Evan

Evan Rachel Wood will play a vampire queen on the second season of HBO's *True Blood*. Wood will play the Queen of Louisiana, a 400-year-old vampire who rules over the undead world residing in the Bayou State. **TVGUIDE.COM**



The Six Degrees of a guitar-pop outfit

Musical connections are key to The Pains of Being Pure at Heart

ROB McMAHON
for Metro Canada



The Pains of Being Pure at Heart are one hyper-linked band. While their nostalgic guitar pop stands strong enough alone, you can crack each song open to find a labyrinth of references and shout-outs: a technique singer-guitarist Kip Berman ascribes in part to the late Kurt Cobain.

"Bands when I was growing up (did that). I remember Nirvana, back when I was a 14-year-old, got me to check out the Vaselines," he said. "I probably wouldn't know about the Vaselines if Kurt Cobain didn't say their name every 10 seconds."

The band's song *Contender* isn't about Robert De Niro's and Marlon Brando's speeches in *Raging Bull* and *On the Waterfront*, but rather to Exploding Head and its track *I'm a Pretender*, which soundtracks shared memories for Kip and bassist Alex Naidus.

The drums on *Gentle Sons* recall the caveman



The Pains of Being Pure at Heart.

drumming of the Jesus and Mary Chain's *Psychocandy*, which in turn offered a fuzzy, noisy re-interpretation of the "wall of sound" production style of '60s girl groups and the Beach Boys.

"We're all big fans of pop, and (are) a lot of antecedents to our music, so we drop in references to stuff we're fans of," he said. "We're hoping to pass on (references) to young listeners who maybe haven't heard them yet."

Asked if the band's digital career paths (Naidus reviews Canadian releases for a music website and key-

boardist Peggy Wang-East aggregates online trends) impacted their songwriting, Berman said not consciously. But upon reflection, he said the band's approach — an interest in "hyperlinking" sounds and in archiving older music — fits closely with web culture.

"Now that I think about it, yes," he said. "(It's been amazing) meeting people from bands who are a big influence to us, but are not well-listened to. Some maybe put out an album in 1987, or maybe two singles, and then wondered if anyone ever heard them, if

people cared. We want to show them we (did)."

Given Naidus' job sifting through Canadian releases, the band maintains a steady flow of Canuck tunes. So Berman gave shout-outs to some fa-

vorites: early Stars, the Dears, Women and most of all, Dan Bejar's *Destroyer*. "Destroyer writes the best pop songs about pop. They're wonderfully self-referential in a non-indulgent way," said Berman.

"(Bejar) uses other people's lyrics and song names, but not like stealing or anything. He's working with them in his own way — repurposing them for different uses... he's about as good as it gets."

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Cloris Leachman is checking into the hospital at the heart of Hawthorne, TNT's new medical drama premiering Tuesday, June 16, and starring Jada Pinkett Smith and Michael Vartan. **TVGUIDE.COM**

Cowell 'embarrassed'

Simon Cowell admits he didn't see Susan Boyle's rampant success on Britain's Got Talent coming.

"I wouldn't have said here five weeks ago and said the person to watch out for is Susan Boyle," Cowell said in Los Angeles recently will promoting this summer's American version of the TV show.

"We were all guilty on the panel of judging her before she sang and got it completely and utterly wrong. And you watch it back, and it's embarrassing."

But with all the hubbub about the 47-year-old's

makeover and her underdog story, Cowell worries people are losing focus on what really matters. "She has got four weeks to

to sing better than she sang before with all that expectation on her," he said.

"But it could all go horribly wrong now because there's so many other distractions."

But is Cowell jealous of the fact that Boyle, who has reportedly never been kissed, has said she'd prefer fellow judge Piers Morgan over him for that first smooch?

"Yes, it's kept me awake at night, that one," he said.



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**NED EHRBAR/
METRO WORLD NEWS**

Entertainment in brief

TV Pamela Adlon, who provides the voice of youngster Bobby Hill on King of the Hill, will star opposite

Adam Carolla on the CBS family comedy pilot Ace in the Hole. Carolla plays a husband and father who works as a

driving instructor. Adlon will play his caring wife, a nurse and mother of two.

REUTERS

DVD picks

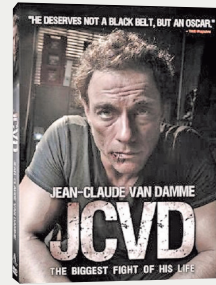
JCVD

Director: Mabrouk El Mechri

THE SURPRISINGLY soulful JCVD takes it to a whole other level of fun and fascination with a Rashomon-like story wherein Van Damme plays himself as an action hero in decline — not far from the truth, in other words — whose life become far more complicated than any movie plot he's ever put his name to.

He's in the midst of a rancorous child custody dispute, battling a duplicitous agent and jousting with eternal rival Steven Seagal (who stole a movie role Van Damme wanted by agreeing to cut off his ponytail). Returning to home turf Brussels for some necessary head clearing, Van Damme gets caught up in a hostage-taking incident at a post office. Both the bad guys and the good guys think Van Damme is really being Van Damme. Except he's not.

Writer-director Mabrouk El Mechri keeps us guessing as to what is really going on, and Van Damme is completely in on the joke



— but is it really a joke?

Too bad Van Damme doesn't take the self-deprecation one step further by offering a DVD commentary, but maybe that would be too much introspection. The extras are just deleted and extended scenes.

Bride Wars

Director: Gary Winick

DEDICATED TO the notion, like so many romcoms before it, that even the most sensible woman turns into a Bridezilla once an engagement ring is slipped onto her finger, Bride Wars has the added misfortune of seeming wholly out of touch with recessionary times.

Could there be a more vulgar or trivial premise than two "best friends forever" who scratch each other's eyes out because each wants to spend a fortune on lavish weddings on the same day?

Some girls dream of forging world peace or finding a cure for cancer. Not school teacher Emma (Anne Hathaway) and corporate lawyer Liv (Kate Hudson), who hardly care what man they land as long the nuptials occur in June in New York's luxurious The Plaza Hotel.

A mistake by Manhattan's top wedding planner, Marion St. Claire (Candice Bergen), results in both weddings — gasp! — being booked into the Plaza on the same day. Emma and Liv morph into stop-at-nothing rivals, each vowing to sabotage the other's special plans.

Bride Wars is overlong and episodic, which is what you'd expect from a committee of writers, but it's passably amusing.

Extras include deleted scenes and a featurette about wedding dresses.

TORSTAR NEWS SERVICE

#	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	2	CFRN	239 318	etalk	Hollywood	Law & Order: SVU	Jeopardy! (N)	Wheel-Fortune	American Idol	(10:01) Fringe (N)	News (N)	
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)	To Be Announced	CBC News: The National	The Hour	Ord SVU
	4	CBXT	- 307	TBA	To Be Announced	The Doctors	NCIS "Legend" (N)	NCIS "Legend" (N)	NCIS "Legend" (N)	The Mentalist (HDTV) (N)	Without Trace	
	6	KREM	- 372	News (N)	Hollywood	Rita Rocks	Friends	According-Jim	According-Jim	Curb-Enthusm	Friends	Your City
	7	CKEM	241 347	Law & Order: SVU	ET Canada	90210 (HDTV) (N)	News	NCIS "Legend" (N)	NCIS "Legend" (N)	Cold Blood "Disturbed"	News Hour	Metrolia
	8	CITY	240 339	ET Canada	Entertainment	90210 (HDTV) (N)	News	NCIS "Legend" (N)	NCIS "Legend" (N)	The Simpsons	King	Cupid (N)
	11	OMNI	-	Two/Half Men	The Simpsons	Raymond	Dr. 90210	Wild! (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Independent	
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	According-Jim	According-Jim	Dancing With the Stars	Cupid (N)	News (N)
	16	KAYU	- 373	The Simpsons	Raymond	Dr. 90210	Wild! (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Independent	
	19	CHTV	-	The Insider (N)	ET News	Nova (HDTV) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Independent	
news	22	KSPS	- 374	NewsHour With Jim Lehrer	Nova (HDTV) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Independent	
	24	WTWS	- 364	Lincoln Bicentennial Town Hall	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Frontline (N) (DVS)	Independent	
	15	CBNC	502	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	Planet Earth	
	21	TWN	505 398	(S) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	Planet Earth	
	27	CNN	500 500	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Anderson Cooper 360 (HDTV)	Larry King Live	Cooper 360	
	44	CTVN	501 391	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
	70	BNN	504 508	Squeeze Play	Market Call	Market Call	Market Call	Market Call	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	NHL Hockey	NHL Hockey	SportsCentre (HDTV) (Live)	Sportsnet Connected	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
	23	net	408 418	MLB Baseball	MLB Baseball	MLB Baseball	Sportsnet Connected	Hardcore Hockey Talk	Hardcore Hockey Talk	Final Score	Final Score	Final Score
	47	SPEED	417 406	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Hardcore Hockey Talk	Hardcore Hockey Talk	Final Score	Final Score	Final Score
sports	94	SCORE	410 403	NBA Basketball: Teams TBA	Score Tonight	Score Tonight	Score Tonight	Reaper (HDTV) (N)	Reaper (HDTV) (N)	Dancing With the Stars	PrimeTime	
	9	EDACC	267 351	Alberta Primetime (Live)	Without a Trace (N)	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	14	YTV	552 543	Drake & Josh	iCarly	Survive This	Survive This	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	17	TREE	553 546	Little Bear	Maggie-Bearst	Comfy Couch	Zigby	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	42	TOON	555 545	Ben 10	Johnny Test	Totally Spies	Total Drama	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	45	FAM	557 541	Zoe 101	Life Derek	Wizards-Place	Han, Montana	La Fievre de la danse (SC)	Nos etes (HDTV)	Home Improve.	Home Improve.	Reba
	18	CMT	575 583	Reba	Hope & Faith	Manhunters	Manhunters	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	Entourage
	25	A&E	515 520	The First 48 (HDTV)	Hogan Knows	Entourage	Gene Simmons	Unwrapped	Unwrapped	Trailer Park	Deadline	Trading Sp
	26	MMM	571 581	Hogan Knows	Entourage	Gene Simmons	Unwrapped	Testes	Testes	Time Warp	Seavling	
	29	FOOD	603 561	The F Word	Good Eats	Good Eats	Good Eats	Daily Planet	Daily Planet	Real Housewives OC	Naked Beauty	
family	31	SHOW	617 522	Wife Swap	The Outer Limits	The Outer Limits	The Outer Limits	ET Canada	Til Debt-Part	Style by Jury	Style by Jury	Naked Beauty
	32	DISC	520 505	Destroyed	Time Warp (N)	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Remedy Me	Keep Real	18 Kids-Count	18 Kids-Count	Extreme Aging
	33	SLICE	601 562	Rich Bride, Poor Bride	Style by Jury	Will & Grace	Friends	Lottery Changed My Life II	Law & Order "Gajin"	Without a Trace	Without a Trace	All About Mthr
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	Law & Order "Gajin"	Law & Order "Gajin"	Without a Trace	Without a Trace	Warrior
	35	TLC	521 560	18 Kids-Count	18 Kids-Count	Extreme Aging: Hayley's Story	Extreme Aging: Hayley's Story	The Ultimate Fighter (HDTV) (N)	The Ultimate Fighter (HDTV) (N)	CSI: NY "Jamalot"	CSI: NY "Jamalot"	Sandhogs
	36	BRAVO	620 523	Scotty Moore & Friends: A Tribute to the King	NCIS "Stakeout"	NCIS "Stakeout"	NCIS "Stakeout"	Sea Hunters	Sea Hunters	The Simpsons	South Park	Roast
	38	SPIKE	628 584	UFC Unleashed	NCIS "Stakeout"	NCIS "Stakeout"	NCIS "Stakeout"	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek III
	40	HIST	522 506	Crime Stories	Laughs	Comedy Now	Air Force	Just for Laughs	Just for Laughs	Family Guy	Cheers	Friends
	41	COM	626 547	Laughs	Comedy Now	Air Force	Just for Laughs	Star Trek: Next Gener.	Star Trek: Next Gener.	Family Guy	Cheers	Friends
	43	SPACE	627 528	(6) Star Trek III: The Search for Spock	Home Videos	House-Payne	Bounty Hunter	Seinfeld	Family Guy	Mantraker	Raymond	Family Guy
cable variety	44	WPCH	294 650	MLB Baseball	Home Videos	House-Payne	Bounty Hunter	Seinfeld	Family Guy	Mantraker	Raymond	Family Guy
	46	OLN	411 457	Mantraker	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy
	48	TROP	619 525	What Happen?	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy
	50	STAR	621 527	Look-A-Like	Look-A-Like	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno	TMZ	etalk	The View (HDTV)	Ellen Show	Ellen Show
	52	HGTV	600 564	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes on Homes	George Lopez	George Lopez	The Sopranos (SS)	Padago
	65	TLN	700 800	Nati Ieri	Raymond	Raymond	Raymond	Fish Out	Mixed Blessing	The Reez	Rabbit Fall	Moccasin Flats
	92	APTN	269 550	Wings-Canada	Storytellers	Wapoy Bay	Cashing In	Poltergeist: The Legacy	MTV Live	After	MuchOnDemand	College Life
	93	VISION	261 394	Quantum Leap	College Life	Beatdown	Degrassi: TNG	Degrassi: TNG	Question Period	Prime-Politics	PrimeTime Politics	MuchVibe
	100	MTV	581 586	Beatdown	College Life	Beatdown	Degrassi: TNG	Degrassi: TNG	Question Period	Prime-Politics	PrimeTime Politics	MuchVibe
	101	MM	570 580	CollegeHmr	Video on Trial	Degrassi: TNG	Degrassi: TNG	Degrassi: TNG	Question Period	Prime-Politics	PrimeTime Politics	MuchVibe

critics'corner

Scotty Moore & Friends: A Tribute to the King of Rock and Roll

Who's Scotty Moore? Tennessee-born Moore is a guitarist who played with Elvis back in the day, starting with his first hit, "That's All Right (Mama)" in 1954. Moore gathers some other musical legends to perform Presley's music, including Eric Clapton, David Gilmour, Mark Knopfler, Ron Wood and Bill Wyman. 7 PM on BRAVO



NCIS
The death of a Marine leads Gibbs and McGee to the NCIS Office of Special Projects in Los Angeles, where the investigation assumes importance concerning national security. Chris O'Donnell and LL Cool J guest star in "Legend (Part 1)," which also is the pilot for an "NCIS" spinoff. 9 PM on KREM CITY

Fringe
After severely mutilated bodies drained of their spinal fluid start piling up, the Fringe Division's investigation leads to a scientist who may have ties to the Z.F.T. bioterrorist cell in the new episode "Midnight." 10:01 PM on CFRN KAYU

Mad Men star starts company

PRODUCTION Actors Jon Hamm and Jennifer Westfeldt have formed a production company the couple hopes will see them collaborating behind and in front of the camera. Hamm has become a hot commodity by starring as mysterious advertising executive Don Draper in the AMC critical darling Mad Men.

MTV planning fashion contest

TV MTV is getting into the fashion-competition space with a new project from the producers of The Real World. The network is set to announce a series order for The Styl-ist today during its "upfront" presentation to advertisers.

REUTERS

Kenya'sStyle

Kenya Hunt

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Kate Mara will be joining the cast of *Entourage* this season, tvguide.com has confirmed. The young actress will play E's new assistant at his fledgling talent-management company, and perhaps his love interest as well. **METRO NEWS SERVICES**

Kate joins Entourage cast

Celebrity Buzz

Miley channels the Bard

CAREER Miley Cyrus performed Shakespeare sonnets to prepare for Hannah Montana: The Movie, femalefirst.co.uk reports.

Director Peter Chelsom made the 16-year-old star follow drama school teaching techniques to keep her focused on her scenes, including avidly studying the Bard's famous works.

"We did stuff before we started filming that was just the kind

of stuff you'd do at drama school, you know," he said.

"Did I give her a detention? No."

I made her read a sonnet though.

A Shakespeare sonnet. She said, 'Oh no I can't,' I said, 'Let's do it be-

cause it'll be the most difficult thing you'll ever do.' We did all that kind of stuff. It was remarkable.

"We used to have this code where I would say, 'This means focus, because I don't want to have to shout at you across the set!'"

Despite her young age, the 53-year-old British director is convinced Miley has a successful career ahead of her.

He explained: "I think she has a real range, I think she's capable of like a Juno film, I think she's

capable of that, and I think she's here for the long run."

Meanwhile, Cyrus took to her Twitter account to clear up rumours that she's getting back with ex Nick Jonas and dumping boyfriend Justin Gaston.

"It makes me sad to think that people out there aren't friends with their (ex-boyfriends), because let me tell (you) it is possible," she wrote. "Justin and Nick are two very amazing people and they both mean so much to me."

METRO NEWS SERVICES



John proves singledom

PEOPLE John Mayer swears he's single, usmagazine.com reports. Despite rumours that the singer has found a new girlfriend, Mayer tells paparazzi that there's no special someone right now.

"If I had a girlfriend, she would be incredibly offended by me saying, 'I don't have a girlfriend,'" Mayer told x17online.com.

"That's how you

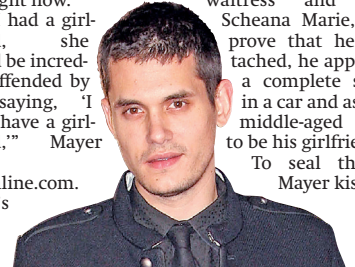
can be sure. I could say, 'I'm not with anybody.' That'd be a death wish if you were the woman."

People reported Friday that Mayer has been spending time with cocktail waitress and actress

Scheana Marie, but to prove that he's unattached, he approached a complete stranger in a car and asked the middle-aged woman to be his girlfriend.

To seal the deal, Mayer kissed her.

METRO NEWS SERVICES



Lindsay and Sam stage comeback?

RELATIONSHIP Looks like Lindsay Lohan and Samantha Ronson may be heading for a comeback. The two have apparently been meeting up on the sly, first with Ronson spotted leaving Lohan's house at 6 a.m. after spending the night, and then with Lohan showing up at Ronson's the very next night, according to hollycoop.

Coincidentally, Ronson changed her Facebook relationship status from "single" to "it's complicated" around the same time.

METRO WORLD NEWS



The dish on Speidi's wedding

MARRIAGE Stephanie Pratt says Spencer Pratt and Heidi Montag's wedding Saturday was "amazing."

"Heidi looked amazing," she told MTV News. "She was wearing a million dollars worth of diamonds over a strapless Monique Lhuillier dress."

Even though the couple kept their

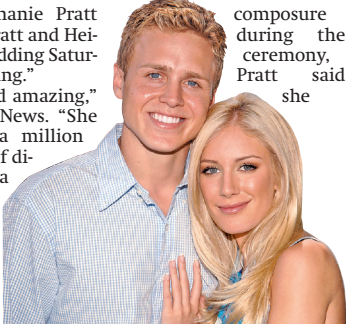
composure during the ceremony, Pratt said she

couldn't help but get emotional.

"I was up there, and her back was towards me, so I don't know if she was crying," said Stephanie, who was a bridesmaid. "But she was getting mad at me if we would start crying so that she wouldn't start crying."

As for her brother? "He was really good," Pratt said. "He was really happy."

METRO NEWS SERVICES



Brangie put stop to tell-all book

LEGAL Former celebrity bodyguard Mickey Brett was set to tell all about former clients such as Tom Cruise, Nicole Kidman and Richard Gere, according to proposals obtained by [Rush & Malloy](http://rushmalloy).

But once Brad Pitt and Angelina Jolie got wind of the

projects — which would dish dirt on them — their lawyers quickly put a stop to it. Their attorney, Marty Singer, says Brett's a "pathological liar" who faked a British SAS military history, among other things.

METRO WORLD NEWS



Britney mediates Dolls

DISPUTE Tensions are heating up among the Pussycat Dolls over speculation that lead singer Nicole Scherzinger is planning to go solo.

"It's like a modern-day version of the Diana Ross and the Supremes thing," a source tells the *Chicago Sun-Times*. But

the group has found an unlikely mediator for their dispute: Britney Spears, who has the group opening for her on the North American leg of her tour.

"Remember, business comes first," Spears reportedly lectured the girls recently. "You can hate each other offstage, but make it work onstage."

METRO WORLD NEWS



Robert in it for the girls

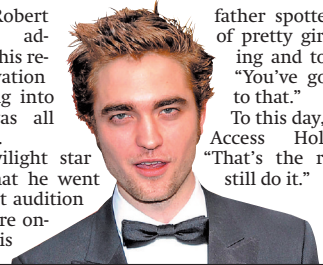
CAREER Robert Pattinson admits that his real motivation for getting into acting was all the ladies.

The *Twilight* star admits that he went to his first audition at a theatre only after his

father spotted loads of pretty girls arriving and told him, "You've got to go to that."

To this day, he tells *Access Hollywood*, "That's the reason I still do it."

METRO WORLD NEWS



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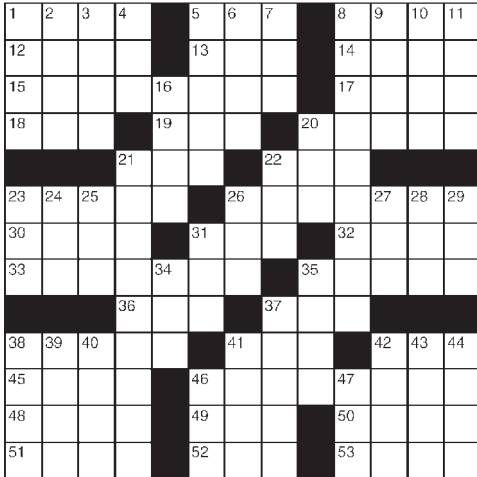
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Michele McDougall, Weather Specialist & Host - Breakfast Television
 "My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



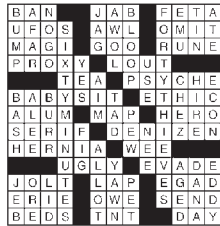
Crossword across

- | | | |
|---------------------|----------------------------|---------------------------|
| 1 Put together | member | 37 Colouring |
| 5 Sleeve filler | 20 Biblical poem | 38 Sad look |
| 8 Bloke | 21 Weep | 41 Gear tooth |
| 12 Godmother, often | 22 Petrol | 42 That girl |
| 13 Halloween shout | 23 Bride's stuff | 45 Stromboli |
| 14 Judicial raiment | 26 Showy display | spillage |
| 15 Medieval weapon | 30 Allegheny + Monongahela | 46 Saw type |
| 17 Terminer partner | 31 Hula hoop, e.g. | 48 List-end abbr. |
| 18 Corrode | 32 Pedestal occupant | 49 Weeding tool |
| 19 Household | 33 Lab creation? | 50 Cougar |
| | 35 AKC category | 51 "Wunnerful" bandleader |
| | 36 Scatter seed | 52 Unfriendly |
| | | 53 Pumps up the volume |

Crossword down

- | | |
|-----------------------------------|--------------------------|
| 1 Spiked club | 25 Triumph |
| 2 Ambience | 26 Distant |
| 3 Entanglement | 27 Expert |
| 4 UFO crew? | 28 Shad product |
| 5 Westminster, e.g. | 29 Remnant |
| 6 Source | 31 Hardly any |
| 7 Tend the lawn | 34 Heavy weight |
| 8 Rapid, heated exchange of words | 35 Elmer's annoyner |
| 9 Georgetown athlete | 37 Nonsense |
| 10 First victim | 38 Took off |
| 11 Hair salon request | 39 Assess |
| 16 Agile | 40 Ellipse |
| 20 Zero-star review | 41 Gator's cousin |
| 21 Pedestrians' place | 42 Pond gunk |
| 22 Peregrinate | 43 Igor's deformity |
| 23 Comic DeLuise | 44 Greek vowels |
| 24 Discoverer's cry | 46 Windy City, for short |
| | 47 Masseuse's workplace |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	8	1	5	9	2	3	6	7
7	2	3	4	6	8	9	1	5
5	6	9	7	1	3	8	2	4
1	5	6	8	4	9	2	7	3
2	3	8	1	7	6	4	5	9
9	4	7	3	2	5	1	8	6
3	1	2	6	5	4	7	9	8
8	9	5	2	3	7	6	4	1
6	7	4	9	8	1	5	3	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 minSmart
Under 13 minGenius	21-25 minNot bad
13-17 minScholar	25+ minKeep practising

Metro Recipe of the Day



Arabian-Style Beef with Flat Bread

INGREDIENTS:

- 1 cup (250 ml) pine nuts
- 1 tbsp (15 ml) olive oil
- 1 large onion
- 1 lb (450 g) lean ground beef or lamb
- 1 tbsp (15 ml) ground cumin
- 1 tsp (5 ml) ground allspice
- 1 can (10 oz / 284 ml) chopped tomatoes
- Bunch of coriander
- 1 cucumber
- 1/2 crisp lettuce

TO SERVE:

- 3/4 cup (175 ml) sour cream, 8 soft flour tortillas or pita breads

METHOD:

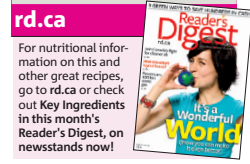
- Preheat oven to warm the bread. Dry-fry pine nuts in large frying pan, shaking and stirring frequently until lightly browned. Transfer to bowl and set aside.
- Add olive oil to pan and heat slowly. Halve, peel and chop onion, then fry

over moderate heat until softened, 3 minutes. Add meat and fry until brown, stirring to break up lumps. Stir in cumin, allspice and tomatoes and their juice and simmer 10-15 minutes, stirring occasionally.

3. Rinse, dry and chop enough coriander to give 4 tbsp (60 ml) and set aside. Rinse, dry and chop cucumber; rinse, dry and shred lettuce. Place in separate serving bowls. Put bread into oven to warm.

4. When the meat is cooked, stir in coriander and pine nuts, heat through, then transfer to serving bowl. Put bread into napkin-lined serving basket to keep hot. Serve immediately.

SERVES 4



Horoscopes

ARIES
MARCH 21-APRIL 20
 Yield to practicalities if a player leaves you stranded. Money is an issue with an unexpected bill. Colossal obstacles will flabbergast you.

TAURUS
APRIL 21-MAY 21
 A financial temptation is presented. Unlikely events cause heads to spin. An obnoxious elder causes you to respond truthfully.

LIBRA
SEPT 23-OCT 23
 A narcissist gets trapped by flattery. A stubborn person creates disharmony. Good fortune comes through travel.

SCORPIO
OCT 24-NOV 22
 Pay close attention to a mystifying message. Time passes too quickly to have a revelation. Something exciting will happen.

GEMINI
MAY 22-JUNE 21
 Fear turns to happiness after an act of kindness. You're not living in denial anymore. Take time to reflect on your actions.

SAGITTARIUS
NOV 23-DEC 21
 Treat meddling people kindly. Avoid annoying anyone who could do you a favour. Watch out for wonderful opportunities that arise.

CANCER
JUNE 22-JULY 22
 A sudden attraction heightens tension. A stranger's remark reveals a plan for success. Be prepared to discover who is at fault.

CAPRICORN
DEC 22-JAN 20
 A respected man tries to undermine your reputation. There'll be a problem with shoes. Don't pretend to be unconcerned.

LEO
JULY 23-AUG 23
 A liar has a big payoff. Under-standing an issue will free you from inconsistent behaviour. Don't try to enforce a diet.

AQUARIUS
JAN 21-FEB 18
 A friend is tired of living a predictable life. Bail someone out of bad situation. A woman risks falling under a love spell.

VIRGO
AUG 24-SEPT 22
 A love affair restricts your movements. Boasting causes a major crisis. An amazing adventure is unfolding before your eyes.

PISCES
FEB 19-MARCH 20
 A team puts up a roadblock. Independent action soothes your soul. Concentrate on optimism in an uncertain venture.

WORDY GURDY
 BY "RICKY RICKY KANK"
 Every answer is a rhyming pair of words like FAT CAT and DOUBLE TROUBLE, and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- "Lower your head, singer Berry!" (1)
- Punch the bum of a kid lit. Dr. (1)
- Lair of famed architect Christopher (1)
- Peddle blackboard-writing material (1)
- Comedian actor Williams moppin' the deck (2)
- Mindlessly mimic ex-NASCAR star Dale (2)
- "The Silence of the Lambs" agent Clarice growling (2)

ANSWERS: 1. BERRY DUCK 2. GILBERT & SUE 3. LEONARD 4. CHALKBOARD 5. BOB HOPE 6. BOB HOPE 7. BOB HOPE

This day in history

APRIL 28, 1902: Using the ISO 8601 standard Year Zero definition for the Gregorian calendar preceded by the Julian calendar, the one billionth minute since the start of January 1, Year Zero occurs at 10:40 a.m. on this date.

APRIL 28, 1930: The first night game in organized baseball history takes place in Independence, Kansas.


APRIL 28, 1932: A vaccine for yellow fever is announced for use on humans.

APRIL 28, 1945: Benito Mussolini and his mistress Clara Petacci are executed by a firing squad consisting of members of the Italian resistance movement.

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